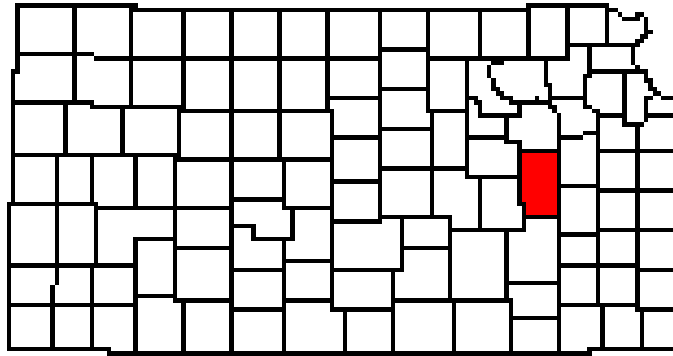


LYON



Books:

The following Arthritis Foundation books are available at:

Emporia Public Library:

110 E. 6th Ave.

Emporia, KS 66801

620-340-6462

<http://skyways.lib.ks.us/library/emporia/>

Good living with Arthritis

Good living with Osteoarthritis

Good living with Rheumatoid Arthritis

Good living with Fibromyalgia

All about Back Pain

Guide to managing your arthritis

Rheumatologists:

There are no rheumatologists located in your county. Please see surrounding counties.

Programs:

Arthritis Foundation Aquatic Program

The warm water exercise program offers improved joint flexibility, range of motion and muscle strength. Videos are available for at-home exercises from the Arthritis Foundation.

Emporia Recreation Commission

313 W. Fourth

Emporia, KS 66801

<http://www.emporia.ws/erc>

CONTACT:

620-342-5582

Arthritis Foundation Exercise Program

This program is a gentle land-based exercise class for increasing or maintaining joint flexibility, range of motion and muscle strength. Videos are available for at-home exercises from the Arthritis Foundation.

Currently, there are no Arthritis Foundation Exercise Program classes offered in your county. Please see surrounding counties.

Support Groups:

There are no support groups located in your county. Please see surrounding counties.